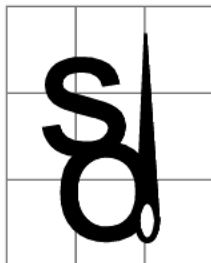


Nobuko Heart

with Diagonal Gobelin & Crescent Heart
using Overdye

Kreinik #12 Braid

DMC #5 Perle Cotton



sue dulle
611 East 109th Terrace
Kansas City, MO. 64131
Email: sudu@kc.rr.com
Blog: <http://sudukc.wordpress.com>



The members of Greater Kansas City Needlepoint Guild initiated a project in 2015 to fulfill a need at a local hospice center.

- When a resident passes away, a heart is placed on the door notifying others to be respectful of those mourning.
- The beautiful needlepoint heart becomes a cherished remembrance, bringing peace to the recipient.

Within three years, over 1000 hearts have been delivered to three Greater Kansas City hospice centers, including a pediatric care center.

Needlepoint hearts are the most beloved.

To participate, you stitch a heart and leave the finishing to us!

Won't you join us?

Stitched hearts may be mailed to:

Sue Hart
11812 W. 99th Terrace
Overland Park KS 66214

Thank you for your interest! Questions?

Sue Hart or Georgia Smith: heartsforhospicegkcng@gmail.com

Attached is a template and instructions for stitching a heart. You may use these instructions or stitch one of your own.

Remember - use up your stash of threads and excess canvas. You can also trace the heart over a painted canvas, and stitch using the painted design.

Again, thank you for your interest. We look forward to receiving your hearts!

Nobuko Heart

Materials Needed:

8 inch x 8 inch 18 count mono canvas
2 Pair 8 inch stretcher bars with tacks
1 skein overdye
2 skein DMC #5 Perle Cotton:
 One light -one dark
1 spool Kreinik #12 Braid
#22 Tapestry Needle

Threads used: 1 skein or spool
each of chosen threads.

Note : when choosing your perle
cotton, match it to the overdye.

One (1) strand used for all areas:

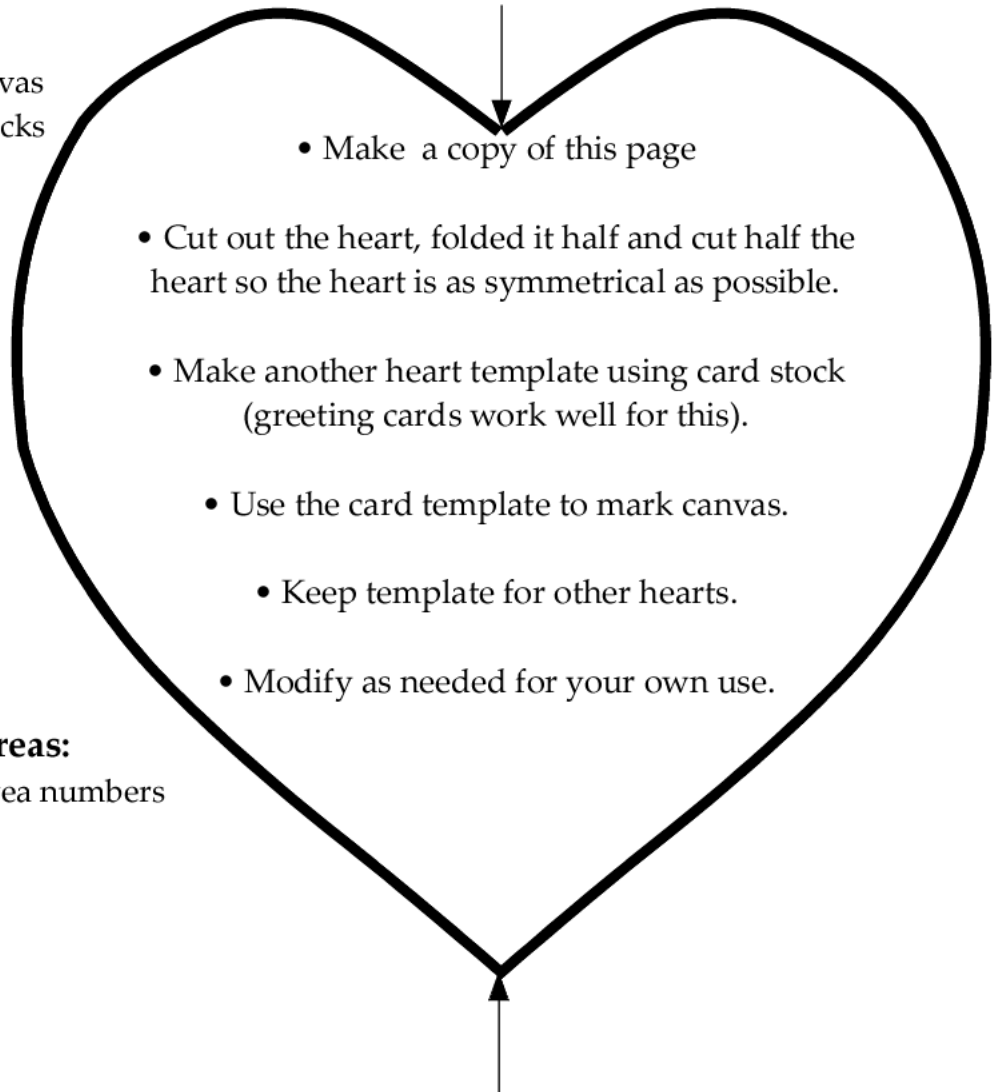
See page 4 for Thread Map and area numbers
used in this project.

#5 Colour Complements :

DMC #5 Perle: Dark

DMC #5 Perle: Light

Kreinik #12 Braid:

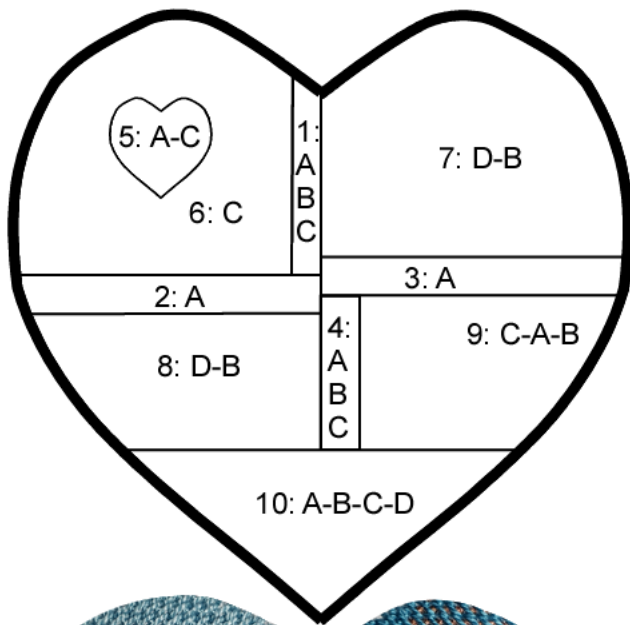


You may substitute any threads in this design. I would take the time to write your own material list (see page 14) and fill in each area as you stitch. I have tried to make the instructions as generic as possible using the threads I used for the design.

NOTE: Every heart is individual, just like the individual that it will represent. So please don't get caught up with making yours just like mine. Mine is just a guide to get you started. Once you have made one, many possibilities will come to you. Use the Road Map (page 14) and Master Chart (page 15) as a suggested guide for **YOUR** heart.

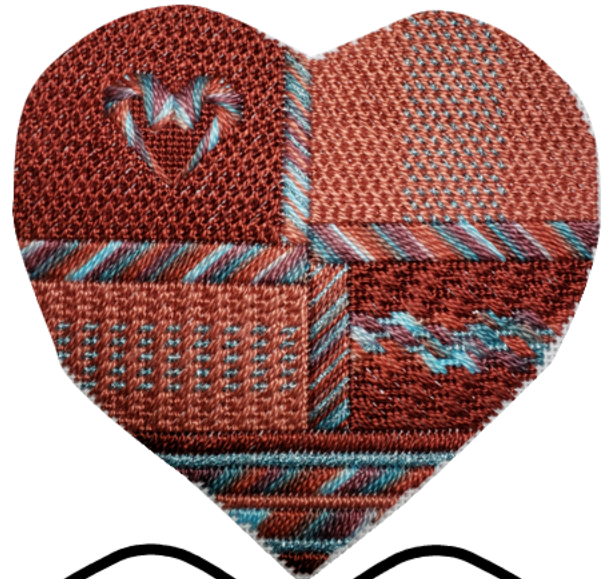
I think these hearts are a terrific way to play with a stitch and its variations or stitch patterns. You can photo the heart before giving to Hearts For Hospice and you will have your own stitch reference library. It's a win-win.

Thread Map



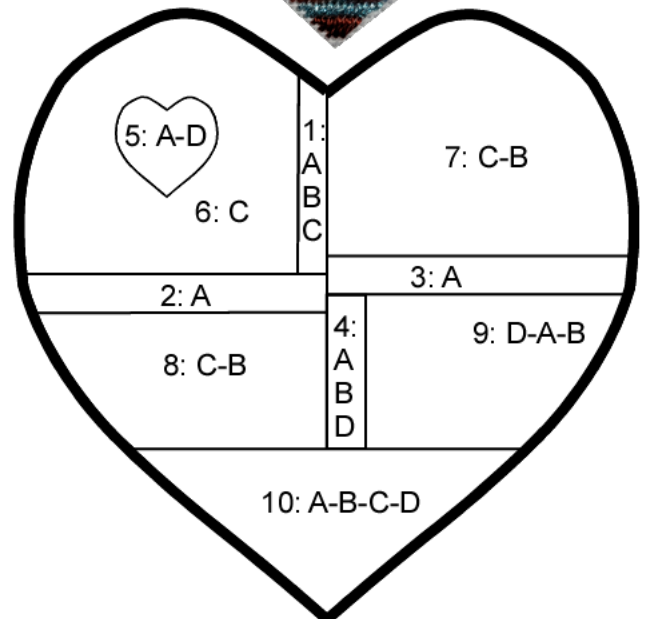
Blue Heart

	Threads	Blue Heart
A	Colour Complements #5 Perle	15
B	Kreinik #12 Braid	021 Copper
C	DMC #5 Perle: Light	519
D	DMC #5 Perle: Dark	518



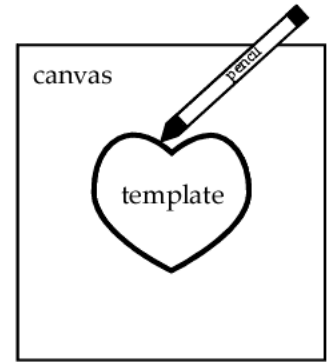
Copper Heart

	Threads	Copper Heart
A	Colour Complements #5 Perle	15
B	Kreinik #12 Braid	014 Sky Blue
C	DMC #5 Perle: Light	356
D	DMC #5 Perle: Dark	355



Marking the canvas

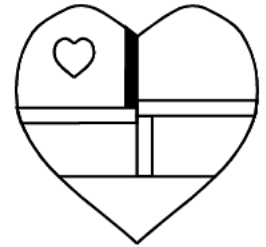
I use a #6H pencil to draw my heart on the canvas, but any pencil will do. EXCEPT soft lead pencil, they smudge. I draw lightly as I may not cover every mark and I use a white eraser to remove mistakes.



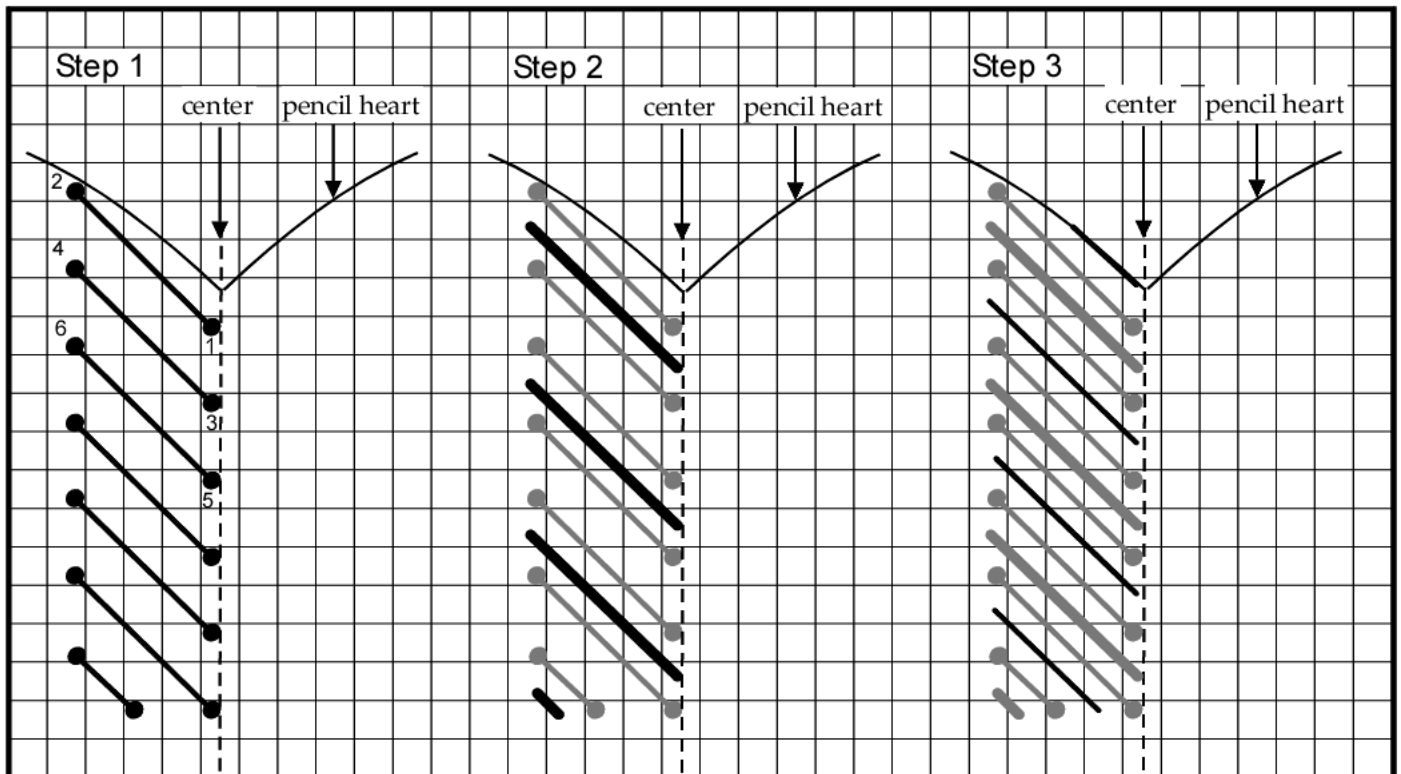
Trace the outline for the heart on 8 inch by 8 inch mono canvas. The center may be on a canvas thread or in the ditch between two vertical canvas threads. I prefer my centers to be in the ditch between two vertical threads. (see Master Chart page 15).

Area 1: Reversed Vertical Diagonal Gobelin Variation

_____ Overdye: Colour Complements #5 perle ●—●
 _____ #5 Perle Cotton light ———
 _____ Kreinik #12 braid ————

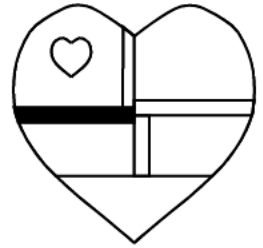


- Step 1: This stitch is stitched from lower right to upper left. Start at the top to the left of the center line, and stitch ever other stitch in a Diagonal Gobelin using overdye (see Master Chart, page 15).
- Step 2: Fill in every other open space with another Diagonal Gobelin using the Kreinik #12 braid.
- Step 3: Fill in remaining open spaces with DMC #5 perle cotton.

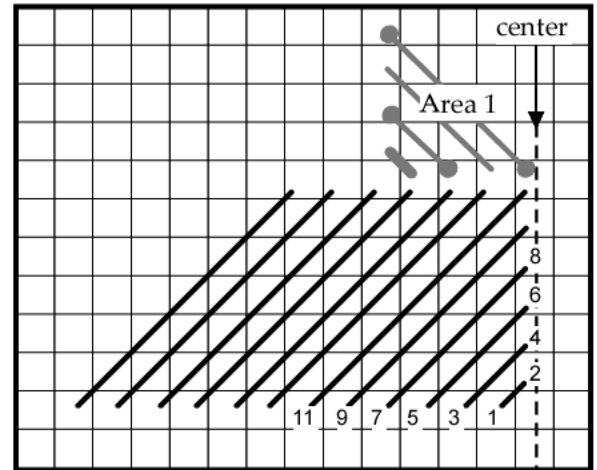


Area 2: Horizontal Diagonal Gobelin

Overdye: Colour Complements #5 perle

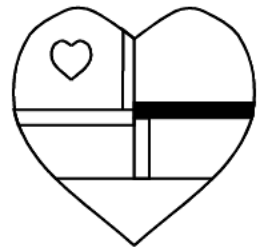


- A traditional Diagonal Gobelin stitched from lower left to upper right over six (6) threads. Started directly below Area 1 and stitched to the heart outline; compensating at the outline (See Road Map, page 14 and Master Chart, page 15).

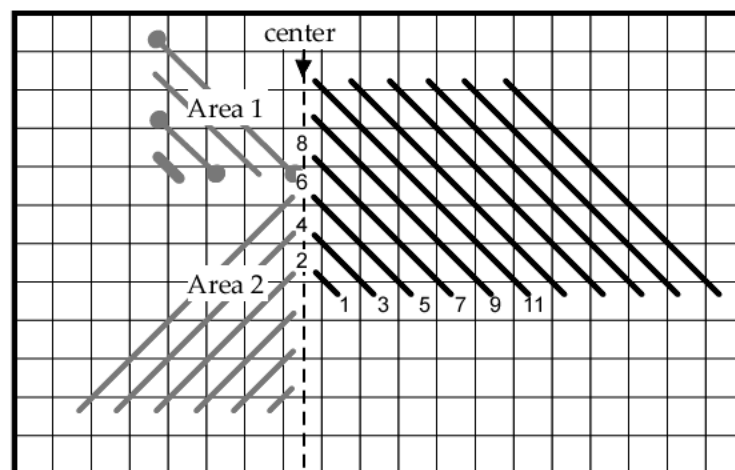


Area 3: Reversed Horizontal Diagonal Gobelin

Overdye: Colour Complements #5 perle

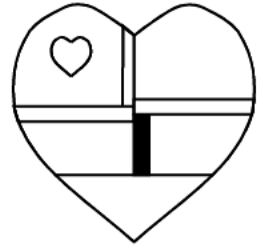


- Start at the center, three rows up from Area 2 for the Reversed Diagonal Gobelin. Stitched from lower right to upper left over six (6) threads. Stitch from the center to the heart outline; compensating at the outline (See Road Map, page 14 and Master Chart, page 15).



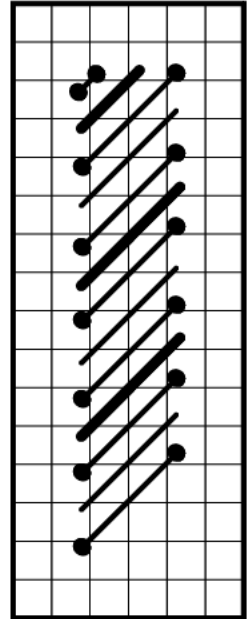
Area 4: Vertical Diagonal Gobelin Variation

_____ Overdye: Colour Complements #5 perle ●—●
_____ Kreinik #12 braid ———
_____ #5 Perle Cotton dark ———

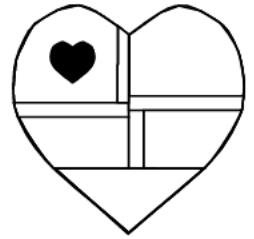


Note: This is a traditional Vertical Gobelin (lower left to upper right) The sequence of threads used is similar to Area 1, page 5.

- Step 1: ●—● Start at the top to the right of the center line, directly under Area 3. Stitch ever other stitch in a Diagonal Gobelin using overdye (see Master Chart, page 15).
- Step 2: ——— Fill in every other open space with another Diagonal Gobelin using the Kreinik #12 braid.
- Step 3: ——— Fill in remaining open spaces with DMC #5 perle cotton.

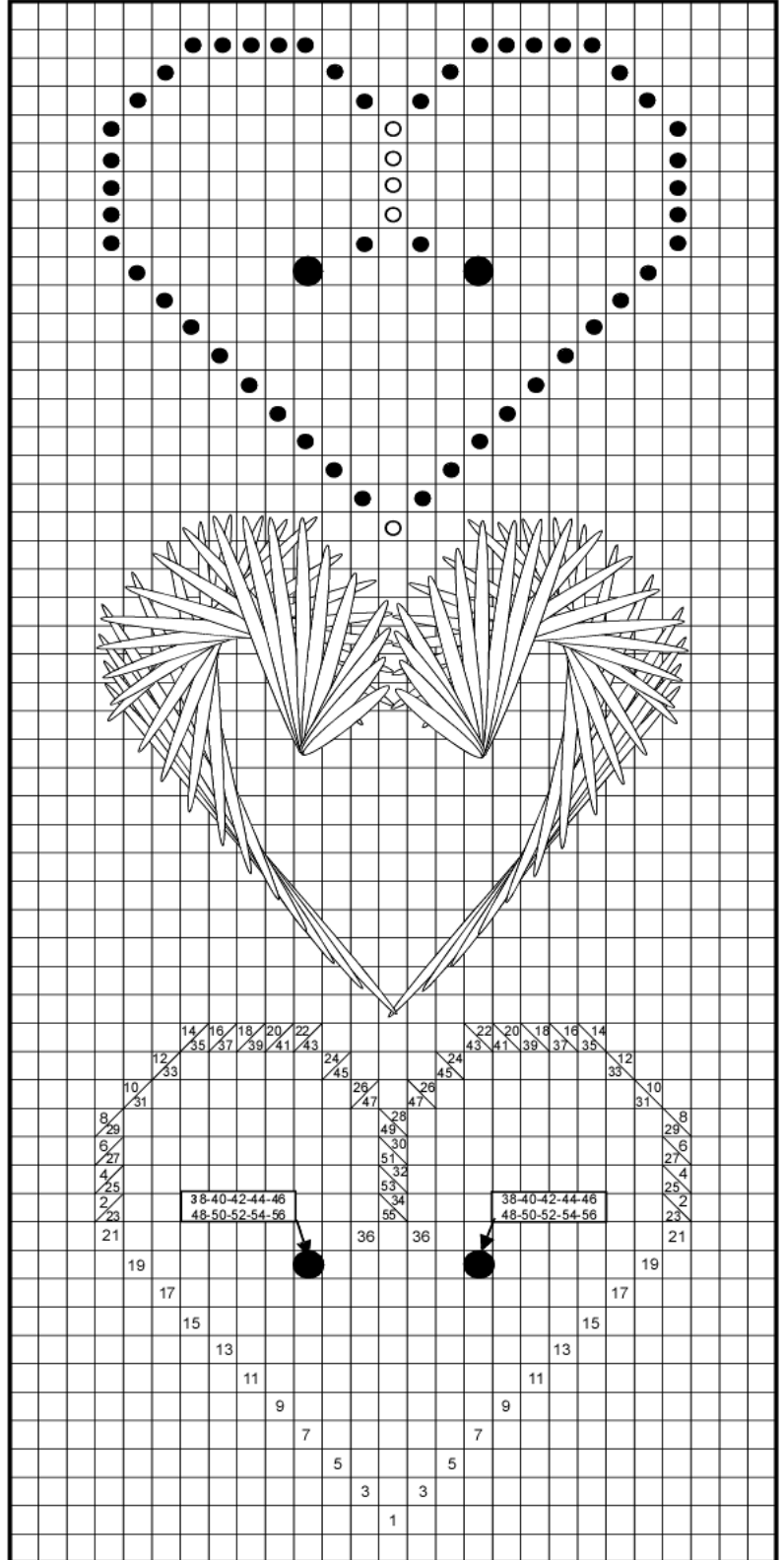


Area 5: Crescent Heart



Overdye: Colour Complements #5 perle
#5 Perle Cotton

- Place a quarter over this area to determine where to start.
- Cut matching lengths of overdye thread to stitch each side of the Crescent. These threads should be very long; mine were 39 inches long and I used most of it.
- Notice that stitches 1-2, 27-28, 29-30, 31-32, 33-34, 49-50, 51-52, 53-54 and 55-56 all share holes down the center.
- Stitches 38-40-42-44-46-48-50-52-54 and 56, use the same hole. Enlarge this hole with larger needle.
- Each stitch goes over the previous stitch.
- Work stitch by coming up at odd numbers, go over the previous stitches and down at even number.



Basketweave Stitch

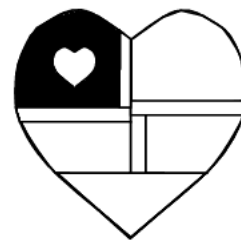
#5 Perle Cotton

- After Crescent heart is completed, fill center with basketweave stitches using the #5 perle cotton used to stitch background of this area (Area 6, page 9).

NOTE: Areas 6-7-8-9 are Nobuko stitch and variations.

Master Chart, page 15 shows where I started each area but remember your heart may be different; I will detail the changes I made but you may make your own or stitch each area with one thread.

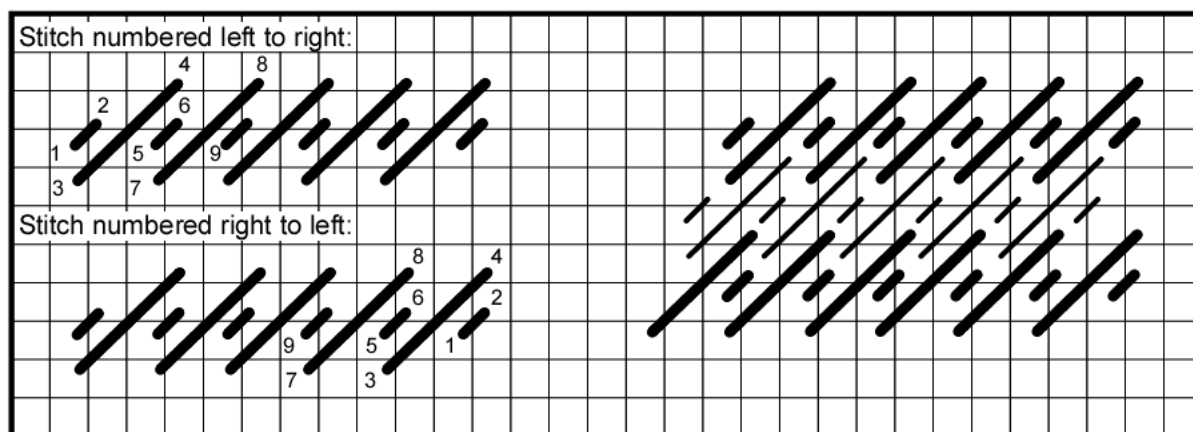
Also there are compensating rows before the first complete row, after the last complete row and on both sides of the areas.



Area 6: Nobuko

_____ #5 Perle Cotton

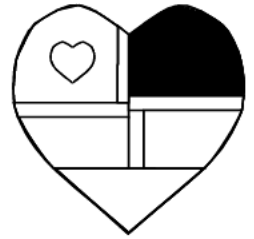
- This is the traditional Nobuko, stitched from lower left to upper right. It may be stitched either direction, I started in the lower right corner. (see Master chart, page 15) It may be easier to stitch if you rotate the canvas 180 degrees.
- The entire area is stitched in one color of #5 perle cotton, same as used in Area 5, page 8 Basketweave.
- Stitch diagrams shown are for first **full** rows; there will be compensation.
- When stitching always try to stitch into previously worked rows.



Area 7: Reverse Nobuko

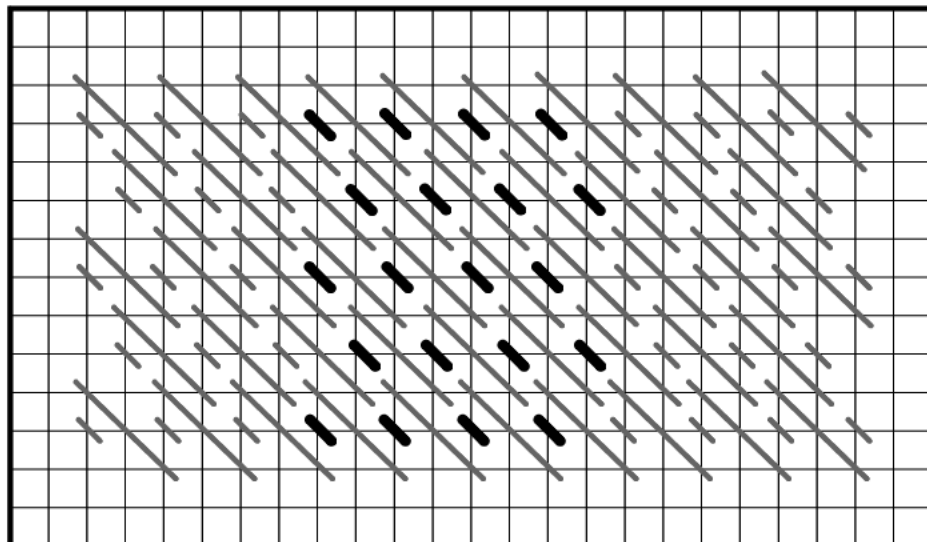
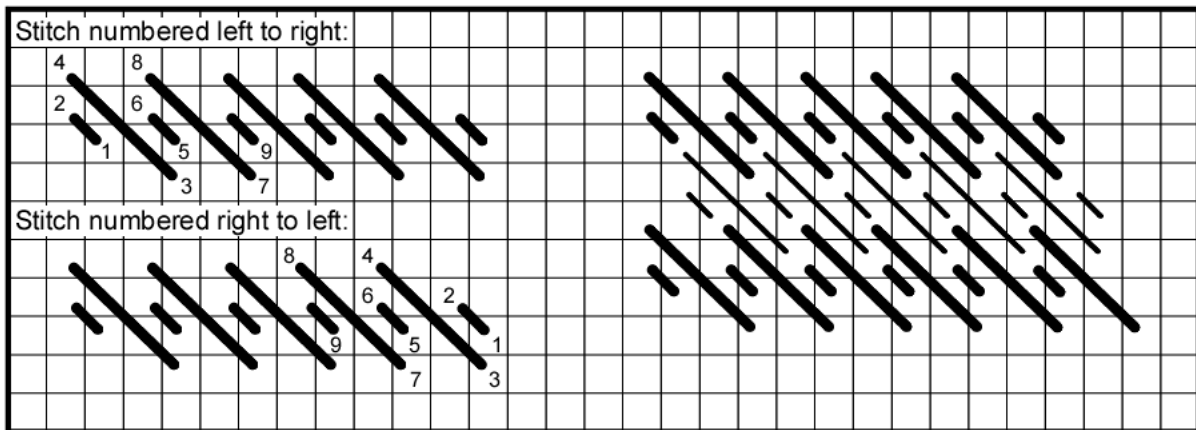
_____ #5 Perle Cotton

_____ Kreinik #12 Braid

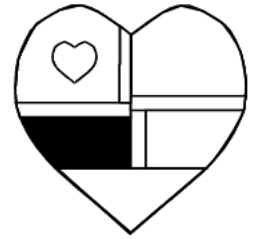


- For this area I reversed the Nobuko stitch, the stitch slants from lower right to upper left. I also stitched this area from the lower left corner to the top of the heart. (see Master Chart, page 15) It may be easier to stitch if you rotate the canvas 180 degrees. Remember, there is a compensation row below the first **full** row. Stitch diagrams shown are for first **full** rows. When stitching always try to stitch into previously worked rows.

- This is optional. For a bit of sparkle I stitched the short (over one stitches) in the center portion of the area with #12 Kreinik braid. (See cover and page 4) It required using two (2) needles in this area and parking the needle with Kreinik out of stitching area when not in use. Also notice the short stitches are offset and not directly above one another. I have diagrammed a small area below.



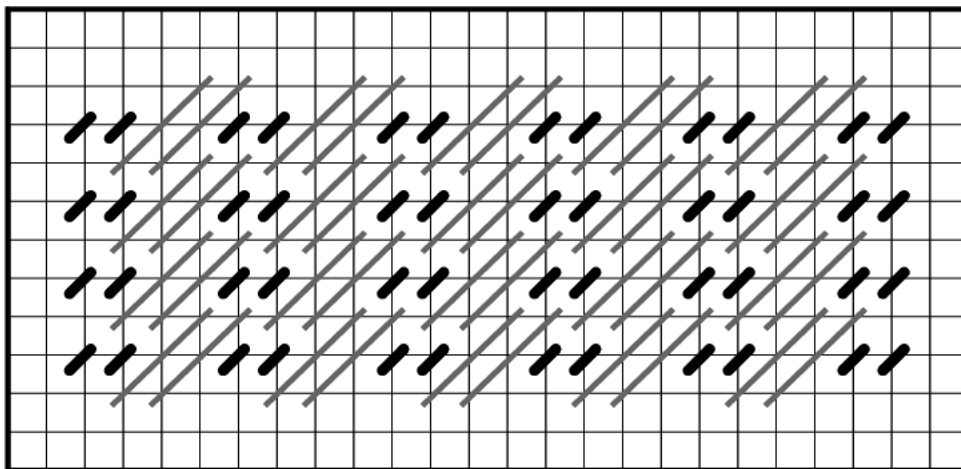
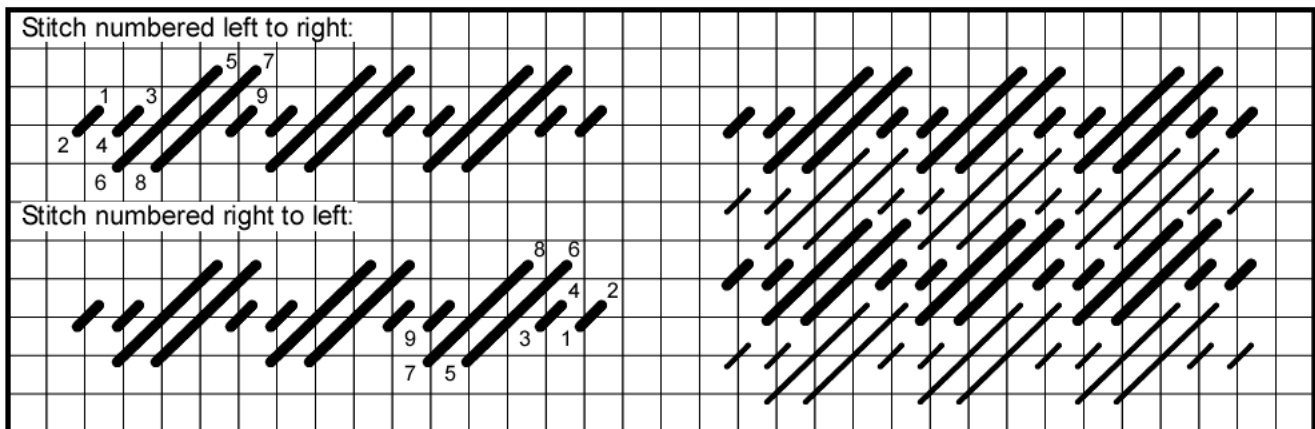
Area 8: Double Nobuko



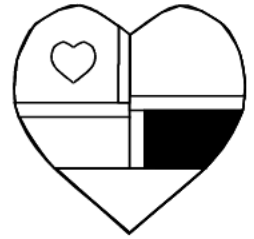
_____ #5 Perle Cotton

_____ Kreinik #12 Braid

- Area 8 is a Double Nobuko stitched with #5 perle cotton. I started this stitch in the upper right corner. (see Master Chart, page 15) There is a compensation row stitched first.
 - Stitch diagrams shown are for first **full** rows, there is always a compensation row before and after this stitch. When stitching always try to stitch into previously worked rows.
 - This is optional. For a bit of sparkle I stitched the short (over one) stitches in the center horizontal rows with #12 Kreinik braid. (See cover and page 4) It required using two (2) needles in this area and parking the needle with Kreinik out of stitching area when not in use. I stitched the long (over 3 stitches first and then filled in the small (over 1) stitches with Kreinik #12 braid. Notice the short stitches are always directly below each other.
- You may prefer to stitch this all in one thread or maybe to stitch every other row with the Kreinik braid.
- My Kreinik rows were intended to be in the center of the area, although I think they may be off a row. I started the Kreinik #12 braid on row 3 and stitched 5 rows.



Area 9: Triple Reverse Nobuko



_____ #5 Perle Cotton

_____ Overdye: Colour Complements #5 perle

_____ Kreinik #12 Braid

- Again I reversed the Nobuko stitch, the stitch slants from lower right to upper left. I stitched this area from the upper left corner. (see Master Chart, page 15) There is a compensation row stitched before the first **full** row of this stitch.

- Stitch diagrams shown are for first **full** rows. When stitching always try to stitch into previously worked rows.

- My fourth, fifth and sixth rows were stitched to add some interest to the area.

(See cover and page 4)

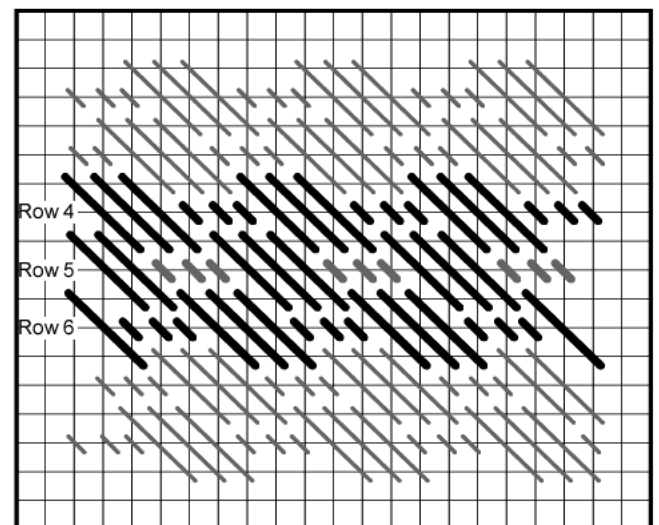
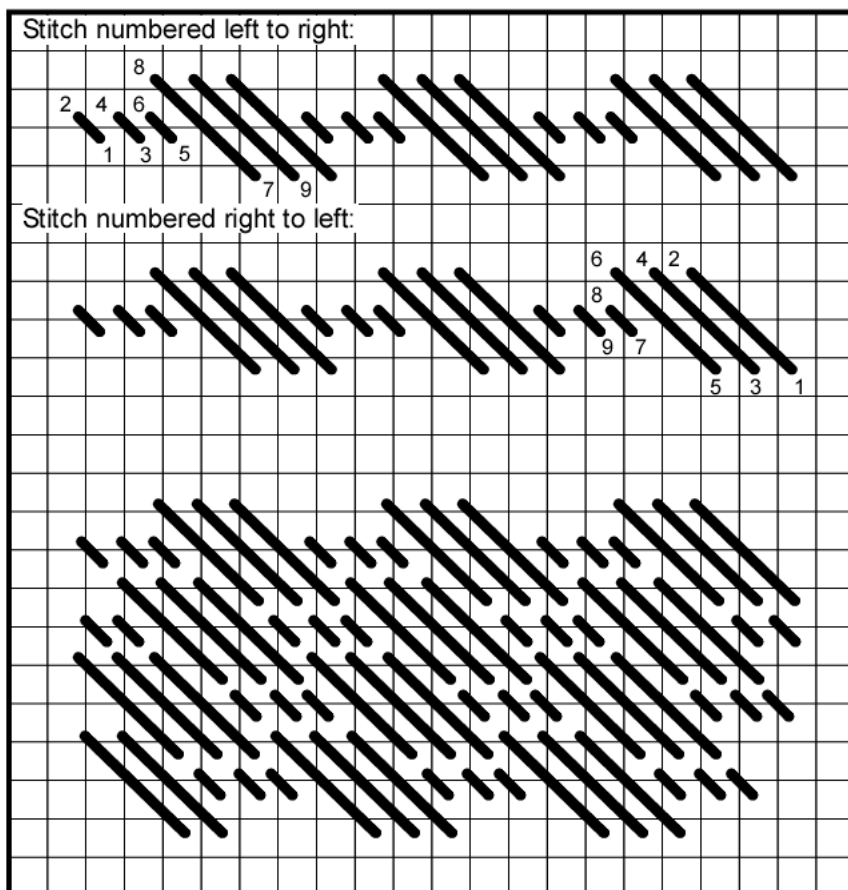
Row 4: Stitched with Colour Complements #5 perle overdye

Row 5: Large stitches stitched with Colour Complements #5 perle overdye

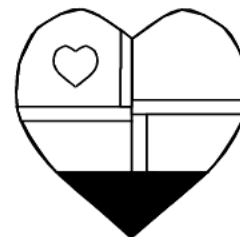
 Small stitches stitched with #12 Kreinik braid

Row 6: Stitched with Colour Complements #5 perle overdye

You may prefer to stitch this all in one thread or you may prefer to stitch every other row with another thread.



NOTE: I counted the remaining rows and divided so I could use all the threads in this area. Your area may be different. Just play with this.



Area 10: Diagonal Gobelin

_____ **Overdye: Colour Complements #5 perle**
 _____ **Kreinik #12 Braid**
 _____ **#5 Perle Cotton**
 _____ **#5 Perle Cotton**

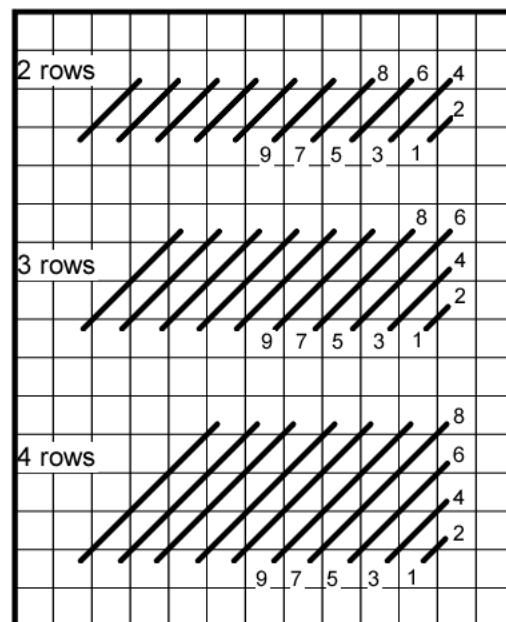
Note: See Road Map, page 14. and Master Chart, page 15

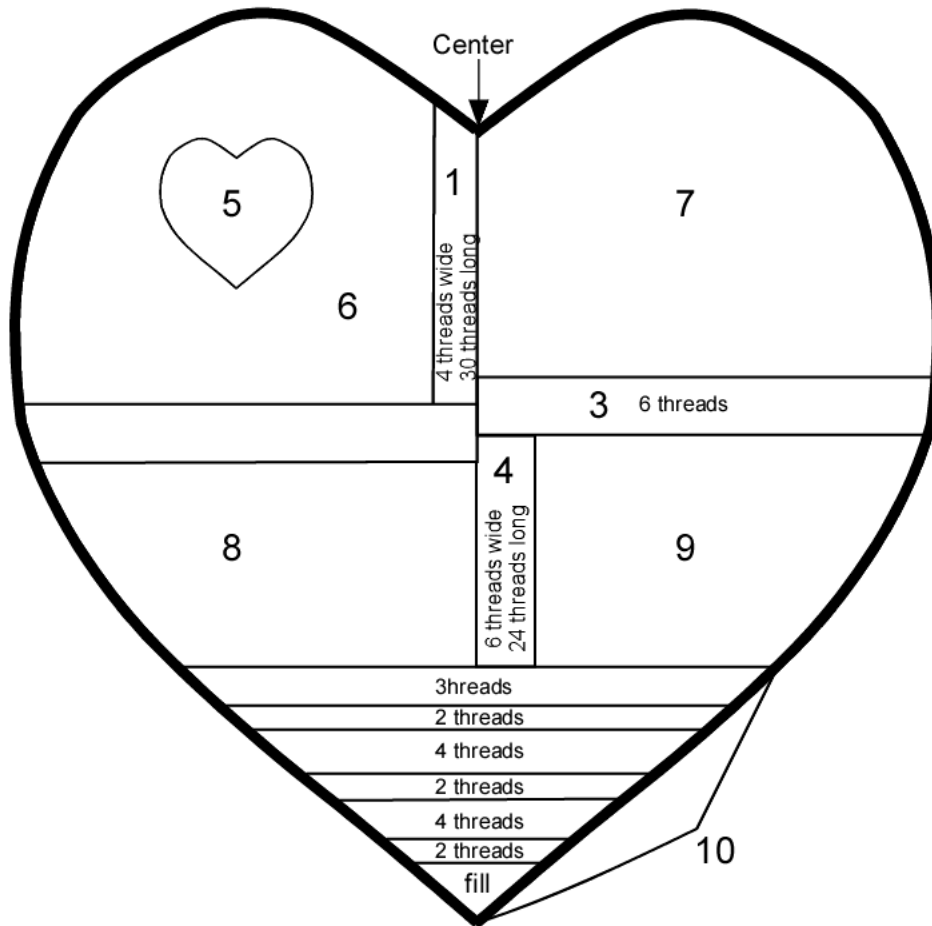
I knew I would like to use all threads in this area so I counted the remaining rows and randomly decided how to divide the areas.

- My rows are divided in seven areas: starting at top

Row 1	Covers 3 threads	stitched with dark perle cotton
Row 2	Covers 2 threads	stitched with #12 Kreinik braid
Row 3	Covers 4 threads	stitched with overdye
Row 4	Covers 2 threads	stitched with light perle cotton
Row 5	Covers 4 threads	stitched with overdye
Row 6	Covers 2 threads	stitched with #12 Kreinik braid
Row 7	Covers 4 threads	stitched with dark perle cotton

- All rows are stitched from lower left to upper right.
- All rows are stitched from right to left
- You may prefer to stitch this in your own pattern I would try to use at least two of the four threads.





Your Heart

Thread		Number
A		
B		
C		
D		
E		
F		

Designed and produced by:



sue dulle
sd designs
Kansas City, MO. 64131
Email: sudu@kc.rr.com
Blog: <http://sudukc.wordpress.com/>

Master Chart

NOTE: Remember this is mine and your heart may be different

